



Public Housing Newsletter

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SEMI-ANNUAL PUBLICATION OF THE HOUSING AUTHORITY OF THE COUNTY OF SAN DIEGO

No-Cost Energy Saving Tips

- *Unplug all appliances and electronic items when they are not in use.*
- *Close the vents in unused rooms.*
- *Clean the lint catcher in the dryer before every use.*
- *Wash only full loads of clothes. When possible, wash clothes with cold water.*
- *Turn off lights when you are leaving the room.*
- *Use task lights or desktop lamps rather than overhead lights.*
- *Watch TV with most of the lights in the room turned off.*
- *Use a rolled towel to block breezy drafts underneath doors.*
- *Close all of your windows shades or curtains at night to keep cold air out.*
- *Lock all windows to create a tighter seal.*
- *Turn the water off during your shower – wet down, turn off the faucet, lather up and turn water on.*
- *Cover window air conditioner units.*
- *Wear a sweater and slippers in your home during the winter months.*

Housing Authority of the County of San Diego's Public Housing No Smoking Policy

After taking into consideration resident feedback on a no smoking policy and the health and safety risks associated with allowing smoking in housing, the Housing Authority of the County of San Diego (HACSD) is adopting a no smoking policy at all of its public housing properties effective July 1, 2011.

Residents will be required to sign a lease addendum that specifies smoking will be prohibited in the following areas on all HACSD public housing properties: Any interior common areas, including but not limited to community rooms, community bathrooms, lobbies, reception areas, hallways, laundry rooms, reception areas, stairways, offices and elevators, within all living units and within 10 feet of building(s) including entry ways, porches, balconies and patios.

To assist all residents with the no smoking policy transition and to accommodate resident interest in smoking cessation, HACSD, in partnership with American Lung Association, will provide Cessation Education Resources.

Lead Safety

Lead poisoning often has no symptoms, but can cause serious health problems, especially in children. Long term exposure to even low levels of lead can cause irreversible learning difficulties, mental retardation, and delayed neurological and physical development.

Learn more on lead safety at: <http://www.cdc.gov/nceh/lead/tips.htm>

Lead can be found in lead-based paint, tap water, toys, jewelry, some candies imported from Mexico and even in some traditional folk medicines.

Here is information on about lead and ways to stay healthy around it:

- Make sure your child does not have access to peeling paint or chewable surfaced painted with lead-based paint. Close and lock doors to rooms with chipping or peeling paint. Cover holes in walls. Regularly wash children's hands and toys.
- Household dust is a major source of lead. You should wet-mop floors and wet-wipe horizontal surfaces every 2-3 weeks. Windowsills should be kept clean.
- Lead in toys may be in the paint or in the plastic (lead helps soften plastic). The only way to tell if your child has been exposed to lead in toys is through a lead test administered by a medical professional.
- Jewelry with lead is harmful to children if swallowed or put in their mouths. If your child has swallowed or put jewelry in their mouth, see your doctor.
- Use only cold water from the tap for drinking, cooking and for making baby formula. (Hot water is more likely to contain higher levels of lead. HACSD complies with all laws and regulations concerning lead based paint and building materials. If you suspect a lead poisoning, contact a medical professional immediately and report to us at (858) 694-4860.

Community Service

Each adult resident of Public Housing, who is not exempt, must contribute eight hours per month of community service.

Eligible community service activities include, work at:

- **Local public or nonprofit institutions**
such as schools, head start programs, before or after school programs, child care centers, hospitals, clinics, hospices, nursing homes, recreation centers, senior centers, adult day care programs, homeless shelters, feeding programs, food banks (distributing either donated or commodity foods), or clothes closets (distributing donated clothing).
- **Nonprofit organizations**
serving Public Housing residents or their children such as: Boy or Girl Scouts, Boys or Girls Club, 4-H clubs, Police Assistance League (PAL), organized children's recreation, mentoring or education programs, Big Brothers or Big Sisters, garden centers, community clean-up programs or beautification programs.
- **Public or nonprofit organizations dedicated to**
seniors, youth, children, residents, citizens, special-needs populations or with missions to enhance the environment, historic resources, cultural identities, neighborhoods, or performing arts.

Internet service at the Towncentre Community Room is made possible by the generous donation of Cox Communications.

Start and Grow Your Small Business with SCORE

SCORE "Counselors to America's Small Business" is a nonprofit association that helps people start, grow and succeed at running small business. SCORE has helped more than 8.5 million entrepreneurs with a network of 13,000 mentors.

SCORE offers free and confidential advice, onsite and online workshops and other business tools. Selected online workshops are available in Spanish.

Some of the topics addressed at the workshops are:

- Can you afford to start a business?
- Targeting your market
- Pricing products and services
- Running a profitable company
- Developing a business plan

You may work with a SCORE mentor online or by making an appointment at one of the 350 locations nationwide. To find more information visit:

<http://www.score.org/index.html>.

Fighting Heart Disease with Education

The National Heart, Lung and Blood Institute (NHLBI) has information and resources to help people live healthier lives. Visit their website

<http://www.nhlbi.nih.gov/health/>, for resources on heart health, blood pressure and other diseases, or healthy recipes. And information written to address the needs or concerns specific to American-Indian, Latino/Hispanic and African-American communities.

The With Every Heartbeat Is Life (WEHL) project was developed by the NHLBI. This project was developed to provide outreach to the African-American community.

Communities of color including African-Americans, Latinos/Hispanics, American-Indians, Alaska-Natives and Asia and Pacific Islanders face high rates of illness and death related to heart disease, diabetes, strokes and high blood pressure. For example, nearly half of all non-Hispanic African-American females have some form of heart, stroke or cardiovascular disease (disease affecting the heart or blood vessels). Hispanics are at high risk of death from heart disease. In fact, 20 percent of Hispanics in America have hypertension and more than 14 percent have heart or coronary disease compared to other subgroups of Asian-Americans. These statistics are available at <http://www.heart.org>.

Title VIII of the Civil Rights Act of 1968 (Fair Housing Act), as amended, prohibits discrimination in the sale, rental, and financing of dwellings, and in other housing related transactions, based on race, color, national origin, religion, sex, familial status (including children under the age of 18 living with parents or legal custodians, pregnant women, and people securing custody of children under the age of 18), and handicap (disability). If you feel you have been discriminated against, contact HUD Hot Line at (800) 669-9777 or North County Lifeline at (866) 954-3354 x6226.